

# HARFORD COUNTY SENIOR CENTERS

## LUNCH MENU - SEPTEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3.  <b>ALL SENIOR CENTERS ARE CLOSED FOR LABOR DAY</b>	4. <b>POT ROAST OF BEEF BURGUNDY</b> Garlic Mashed Potatoes Stew Cut Vegetables Whole Orange White Wheat Bread Apple Juice Milk	5. <b>WHITE BEAN &amp; TURKEY CHILI</b> Brown Rice Pilaf Maple Glazed Carrots Tropical Fruit White Wheat Bread Fruit Juice Milk	6. <b>CHICKEN CACCIATORE</b> Noodles w/Spaghetti Sauce Romano Blend Vegetables Diced Peaches White Wheat Bread Cranberry Juice Milk	7. <b>SALISBURY STEAK w/Gravy</b> Mashed Potatoes Seasoned Kale Greens Cinnamon Apples White Wheat Bread Orange Juice Milk
10. <b>PULLED PORK BBQ SANDWICH</b> Baked Beans Cole Slaw Pineapple Tidbits Yogurt w/Crisp Topping Grape Juice Milk	11. <b>CHICKEN BREAST SUPREME</b> Harvest Rice Pilaf Peas & Carrots Mandarin Oranges White Wheat Bread Fruit Punch Milk	12. <b>ASIAN PORK LOIN w/Plum Sauce</b> Steamed Brown Rice Stir-fry Vegetables White Wheat Bread Apricot Halves Pineapple Juice Milk	13. <b>BEEF SWISS STEAK w/ Creamy Mushroom Sauce</b> Buttered Noodles Peas & Pearl Onions Diced Pears White Wheat Bread Tomato Juice Milk	14.  <b>ALL SENIOR CENTERS ARE CLOSED FOR LABOR DAY</b>
17. <b>CHICKEN COQ AU VIN w/Red Wine, Onion &amp; Mushroom</b> White & Wild Rice Green & Wax Beans Apple Slices White Wheat Bread Pineapple Juice Milk	18. <b>ROAST TURKEY w/Gravy</b> Mashed Potatoes Stewed Zucchini & Tomato Whole Orange White Wheat Bread Apple Juice Milk	19. <b>BEEF STROGANOFF</b> Buttered Noodles Navy Bean Salad Peas & Carrots Fruit Cocktail White Wheat Bread Orange/Pineapple Juice Milk	20. (SL) Sign up by 9/13 <b>STUFFED CHICKEN BREAST w/Gravy</b> Mashed Potatoes Peas & Pearl Onions Dinner Roll Apple Pie w/Topping Fruit Juice Milk	21. <b>MEATLOAF w/Onion Gravy</b> Garlic Mashed Potatoes Seasoned Greens Copper Pennies White Wheat Bread Pineapple Juice Yogurt w/Crisp Topping
24. <b>CORNEB BEEF &amp; CABBAGE</b> Whole Potatoes Diced Peaches Rye Bread Cranberry Juice Milk	25. <b>BOURBON &amp; RAISIN GLAZED HAM</b> Penne Mac & Cheese Greek Style Salad 4 Way Vegetables Pineapple Tidbits White Wheat Bread Milk	26. <b>CHICKEN DIVINE CASSEROLE</b> Brown Rice Pilaf Black Eyed Pea Salad Whole Orange White Wheat Bread Apple Juice Milk	27. <b>SLOPPY JOE SANDWICH</b> Dilled Carrots Pepper Slaw Cinnamon Apples Milk	28. <b>MAPLE GLAZED PORK LOIN</b> Cucumber & Tomato Salad Broccoli Cheese Casserole Diced Pears Wheat Bread Milk

### MEAL RESERVATION PROCESS:

To order a meal for a particular day, add your name to the Lunch Sign-Up Sheet no later than 10:00 a.m. **TWO (2)** working days in advance. To order a meal designated as a "Special Lunch" (SL) (Sept. 13th), add your name to the Lunch Sign-up Sheet no later than 10:00 a.m. **FIVE (5)** working days in advance. If you missed the sign-up deadline, your name can be added to the lunch list as a "Standby" on the day of the lunch. Please see the front desk.

**Vegetarian lunch option is available; Please see the front desk for details and to sign up.**

Lunch is served at 12:00 p.m. in the dining room. An 8 oz. carton of milk is served with each meal. Lunch cost: Age 60 and over: \$2.25 is the requested minimum donation. Under Age 60: There is a \$4.00 charge for lunch.

All meals are catered by Business Food Solutions, Inc.

**Barry Glassman**  
Harford County Executive

**Amber Shrodes**  
Director  
Dept. of Community Services

**Office on Aging**  
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